

## What to Do Until Help Arrives

- ◆ KEEP CALM and try to comfort the child. Tell the child that help is coming.
- ◆ If the child has a serious injury, don't move the child unless he/she is in danger of more injury.
- ◆ Keep checking on the child's breathing. If the child stops breathing, do rescue breathing, if you know how to.
- ◆ If you can't feel a heartbeat or pulse, do CPR, if trained.
- ◆ Cover the child, unless he/she has a fever.
- ◆ Don't give the child and food or drink.
- ◆ Turn on an outside light to help EMS find your house.
- ◆ Be prepared to report to EMS any changes in the child's condition, the time changes occur, and the facts about the illness or injury.

### Emergency Numbers

Ambulance

Fire

Police

Poison Control

Emergency  
Department

Doctor

This pamphlet courtesy of your local EMS providers and the Georgia Emergency Medical Services for Children Program, Office Of EMS, Division of Public Health, Department of Human Resources. Readers should discuss information contained in this pamphlet with their personal physicians.

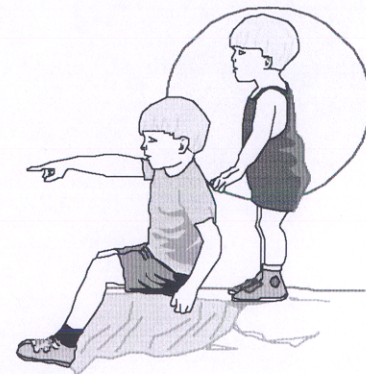
Funding for this Pamphlet was funded, in part, through grant number 1H33MC00008-01 from the Maternal Child Health Bureau and National Highway Traffic Safety Administration.



Georgia Emergency Medical Services for  
Children

## HOW TO HANDLE CHILDHOOD EMERGENCIES

CARING  
MEANS  
PREPARING





## How Do You Handle Emergencies

Emergencies are frightening, especially when a child is involved. A child who suddenly gets very sick, or has a bad injury, needs quick medical care. You may not know how to give that care, but *you can get the help the child needs.*

Your city or town has people who can help you handle a child's serious medical emergency. These people are....

Emergency Medical Services (EMS) providers EMTs (Emergency Medical Technicians) and Paramedics who staff ambulances and rescue units and **Doctors and Nurses in hospital** emergency departments.

When you call for help, they are ready to help you quickly?

You need to know *Who to Call, When to Call, How to Call, and What to Do Until Help Arrives.*

It's important for you to

**PREPARE for EMERGENCIES.**

## Prepare For Emergencies

1. Keep Emergency Numbers near your phone. (fill out the section in this pamphlet and keep it handy.)

2. Make sure your house address can be seen from the street, day or night. The ambulance or rescue unit needs to be able to find you.

3. After you have done steps 1 and 2, do as many of these things as you can:

⇒ Keep a list of your child's immunizations, any allergies, medicines the child takes, serious illnesses and visits to the hospital.

⇒ If someone else (a babysitter, relative, or friend) is taking care of your child, give him/her this list, too. This information will help EMS and emergency department staff treat your child.

⇒ Keep a first aid kit and know how to use it.

⇒ Learn CPR, how to help a child who is not breathing, what to do when a child is choking, how to handle serious bleeding until medical help arrives. Ask your EMS, doctor, nurse or clinic where you can get this training.

⇒ Learn how you can prevent childhood injuries and illnesses.

⇒ Help children learn rules about safety and good health.

## When to Call for HELP

**CALL YOUR EMERGENCY NUMBER IF:**

1. A child has a serious injury. **DON'T MOVE THE CHILD**, unless the child is in danger of more injury.

2. A child is having a hard time trying to breathe, is choking, or has stopped breathing.

3. A child has severe bleeding.

4. A child may have eaten something poisonous.

5. A child has suddenly become very sick.

6. The condition of a sick child becomes rapidly worse.

**IF A CHILD HAS A MEDICAL EMERGENCY  
YOU CAN'T HANDLE, CALL FOR HELP  
QUICKLY!**

## How to Get Help

1. Call your emergency number. If possible, **STAY WITH THE CHILD AND SEND ANOTHER PERSON TO CALL.**

2. Be ready to give this information:

- \* Your Name
- \* Phone Number where you are calling from
- \* The address (cross-streets, landmarks) where the child is
- \* The child's condition, what has happened

**DON'T HANG UP UNTIL YOU ARE  
TOLD TOO!**